



# **Hillside Nursery School**

## **Packed Lunch Policy**

## Policy Rational

This policy is part of our whole school food approach to healthy eating, and aims to give clear guidance to parents/carers, pupils, governors and staff on providing a healthy packed lunch.

We believe that a healthy packed lunch can contribute to the health of young children and needs to be consistent with the nutritional standards set out in the School Food Trust Standards for Packed Lunches. See appendix 2.

The policy applies to all packed lunches consumed within school.

## Development of the Policy

This packed lunch policy has been developed by drawing on key government guidance associated with healthy eating. The Eatwell Guide demonstrates how to get the balance right, by showing the proportion of each of the five food groups that should be eaten each day (see appendix 1).

Packed lunches represent a third of a child's daily intake of foods and nutrients, which presents a great opportunity to promote healthy food choices for children. The School Food Trust (SFT) provides regulations for healthy packed lunches (see appendix 2), and this recommends that foods from the high fat and/or sugar group on the Eatwell Guide (e.g. crisps and chocolates) should not be included in a packed lunch, and should be consumed out of school hours.

## Content of Packed Lunches

At Hillside we are passionate about promoting children's health and well-being and encourage healthy eating. We therefore recommend that all packed lunches be based on the School Food Trust's food based standards for packed lunches (appendix 1) and try to include the following:

- **Fruit and Vegetables;** at least one portion of fruit and one portion of vegetables
- **Protein;** meat, fish, egg or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, hummus or dhal)
- **Oily Fish;** such as tinned or fresh mackerel, sardines, salmon and tuna
- **Carbohydrate;** starchy food such as bread, pasta, rice, couscous, noodles, potatoes, chapattis
- **Dairy;** food such as milk, cheese, yoghurt, fromage frais, or calcium fortified Soya products, reduced fat versions of these should be used where possible
- **Drinks;** water, pure fruit juice (no added sugar), reduced fat and sugar yoghurt, milk drinks or smoothies. **NO FIZZY DRINKS**
- **Puddings;** should be fruit based such as fruit salad, tinned fruit with yoghurt or custard, fruity rice pudding, fruit smoothies, fruit based crumble
- **Foods to avoid or limit:-**
  - Crisps, cakes and plain biscuits
  - Meat products such as sausage rolls, individual pies, corned meat and sausages.

These items should be included in packed lunches no more than once per week.

## **Packed lunches should not include any of the following:-**

- Fizzy/sugary drinks in cartons, bottles or cans (including diet or energy drinks which can contain high levels of caffeine and other additives which are not suitable for children)
- Confectionary such as chocolate bars and sweets
- Chocolate spread as sandwich filling
- Peanuts and peanut products
- Food that needs to be warmed up

In cold weather we will offer the children a warm drink, unfortunately we are unable to warm food up.

## **Special diets and allergies**

We ask that parents/carers be aware of nut allergies. The school recognises that some pupils may require special diets that do not follow the National Food Standards exactly. In this case parents/carers are asked to make sure that packed lunches are as healthy as possible. For these reasons pupils are also not permitted to swap food items. As some children in school have nut allergies we ask parents to refrain from including peanuts or peanut butter in lunches.

## **Packed Lunch Containers**

We ask that parents/carers and pupils:-

- Provide a packed lunch container where food items can be stored securely and appropriately until the lunchtime period. We recommend parents/carers to include an ice pack with packed lunches, to reduce the risk of harmful bacteria growing if left in warm temperatures.
- Bring packed lunches in reusable plastic containers, rather than disposing of plastic bags and bottles.

## **Staff**

To support a whole school approach, staff are encouraged to comply with this policy when bringing in packed lunches and eating these with pupils.

## **Facilities for packed lunches**

We will:-

- Provide appropriate facilities to store packed lunches
- Provide fresh drinking water
- Provide appropriate dining room arrangements for all pupils.

## **Monitoring**

To promote healthy eating staff will regularly discuss packed lunches with children. If children bring inappropriate items, such as chocolate and fizzy drinks, we will talk to parents/carers where necessary and offer guidance on bringing healthy packed lunches.

Any sweets or fizzy drinks will be taken out of lunch boxes until the end of the day. These may be substituted with a piece of fruit and alternative drink.

## **Working with parents and carers**

We hope that all parents and carers will support this packed lunch policy. We will offer advice and guidance to parents/carers on packed lunches if required.

## **Policy Review**

This policy will be reviewed as part of the schools agreed policy review process. In addition any changes to guidance on healthy eating may lead to this policy being amended.



## Appendix 2 – The School Food Trust Standards for Packed Lunches

### For a balanced packed lunch select these healthier food and drinks

- **Fruit and Vegetables** - One portion of fruit and one portion of vegetable or salad every day.
- **Meat and Alternatives** - Meat, fish or another source of non-dairy protein should be included every day. Non-dairy sources of protein include lentils, kidney beans, chickpeas, hummus, peanut butter and falafel
- **Oily Fish** - An oily fish, such as salmon, should be included at least once every three weeks.
- **Starchy Food** - A starchy food, such as any type of bread or pasta, rice, couscous, noodles, potatoes or other cereals, should be included every day.
- **Milk and Dairy Food** - A dairy food, such as semi-skimmed or skimmed milk, cheese, yoghurt, fromage frais or custard should be included every day.
- **Drinking Water** - Fresh drinking water will be available at all times.
- **Healthier Drinks** - Include only water, still or sparkling, fruit juice, yoghurt or milk drinks and smoothies.

### Avoid including these foods in packed lunches

- **Snacks** - Snacks such as crisps should not be included. Instead, include vegetables and fruit (with no added salt, sugar or fat). Savoury crackers or breadsticks served with fruit, vegetables or dairy food are also a good choice.
- **Confectionery** - Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be included. Cakes and biscuits are allowed but these should be part of a balanced meal.
- **Meat products** - Meat products such as sausage rolls, individual pies and sausages should be included only occasionally.